

January

Join virtual and onsite Well Wisconsin events this month as you build a healthy, connected life in your home state. Attending two events (plus completing the health assessment and a health check), earns you \$150...and they're ALL a big boost for your wellness.



WHERE YOU

BELONG

Find health and closer connection.

3 Ways to Learn More and Sign Up:

1. Visit etf.wi.gov/well-wisconsin-events.
2. Click on the "Well Wisconsin Events" card in the portal at webmdhealth.com/WellWisconsin.
3. Scan the QR code:



8 Cooking Classes

Prenatal and Postpartum Meals

Virtual classes for soon-to-be moms, new moms and anyone cooking for them. Series includes 5 weekly classes on Wednesdays at 12 pm, starting Jan. 8.

13 Fitness Classes

Strength Training

Virtual classes designed to help you build confidence and skills in strength training. Series includes 7 weekly classes on Mondays at 4 pm, starting Jan. 13.

14 Webinar

Healthier Starts with You

Overview of Well Wisconsin resources available to support your well-being goals on Jan. 14 at 11 am.

16 Workshop

Your "Why" for Well-being

Virtual workshop designed to help create a purposeful path to your well-being goals. Workshop includes 3 weekly sessions on Thursdays at 1 pm, starting Jan. 16. It also includes optional virtual events.

17 Fitness Classes

Restorative Yoga

Virtual classes designed for the prenatal body. All are welcome for this restful yoga practice. Series includes 7 weekly classes on Fridays at 12 pm, starting Jan. 17.

22 Onsite Event

Snowshoe Event or Winter Hike

Snowshoe tutorial and guided hike at Governor Nelson State Park for a one-day event on Jan. 22 at 5 pm.

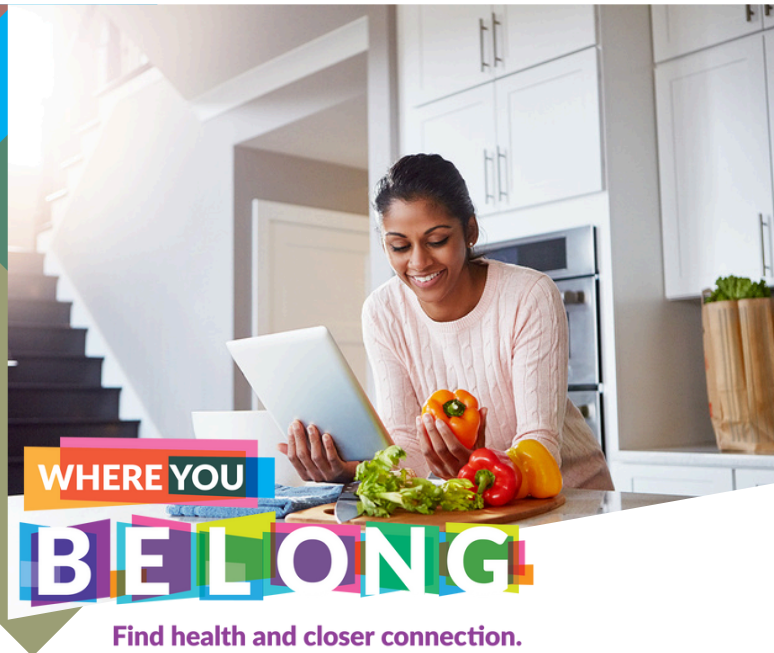


WebMD
HealthServices

The Well Wisconsin incentive program is a voluntary program available to employees, retirees and spouses enrolled in the State of Wisconsin Group Health Insurance Program, excluding Medicare Advantage participants who have incentives available through their health plan. The Well Wisconsin incentive will automatically be issued to eligible participants upon completing the applicable activities. All wellness incentives paid to participants are considered taxable income to the group health plan subscriber and are reported to their employer, who will issue a W2. In some cases, the Wisconsin Retirement System acts as the employer. Retirees, continuants and their spouses will have some taxes withheld from the incentive amount earned.

February

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3 Book Club

What Doesn't Kill You: A Life with Chronic Illness by Tessa Miller

Virtual book club with a reading plan and discussions, for anyone trying to make sense of a chronic illness or supporting loved ones. Meets for 8 weeks on Mondays at 12 pm or Fridays at 1 pm, starting Feb. 3.

3 Fitness Classes

Strength Training

Virtual classes designed to help you build confidence and skills in strength training. Mondays at 4 pm, starting Feb. 3

5 Cooking Classes

Prenatal and Postpartum Meals

Virtual classes for soon-to-be moms, new moms and anyone cooking for them. Last class in this series is Feb. 5 at 12 pm.

6 Workshop

Heart Healthy Living

Virtual workshop for anyone wanting to improve or maintain their heart health. Workshop includes 8 weekly sessions and a variety of cooking demos. Meets on Thursdays at 1 pm, starting Feb. 6.

6 Onsite Event

Well Wisconsin Radio Sleep Interview

Live podcast interview on Feb. 6 at 4 pm at the Hill Farms State Office in Madison with returning guest, Dr. Daniel Dickson.

7 Fitness Classes

Restorative Yoga

Virtual classes designed for the prenatal body. All are welcome for this restful yoga practice. Fridays at 12 pm, starting Feb. 7



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March

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5 Cooking Classes

Cooking with Eggs

Virtual classes for anyone interested in a culinary egg adventure. Get backyard chicken tips and hear stories about gathering fresh eggs from the coop. Wednesdays at 10 am, March 5 through 26.

6 Workshop

Heart Healthy Living

Virtual workshop for anyone wanting to improve or maintain their heart health. Workshop includes weekly sessions and a variety of cooking demos. Workshops are held on Thursdays at 1 pm, through March 27. New participants can join anytime.

6 Regional Screenings

Onsite Biometric Screening Events

Join an onsite screening event and discover your numbers for blood pressure, body mass index (BMI), cholesterol (HDL, LDL and total), triglycerides and glucose. Visit webmdhealth.com/WellWisconsin to schedule an appointment for one of the following screening events this month:

- March 6: Madison
- March 12: Oshkosh
- March 20: Eau Claire
- March 27: Madison

10 Fitness Classes

Core Strength for Back Care

Virtual classes designed to help you achieve a healthy back by strengthening the core, hips and glutes. Six-week series, starting March 10, meets on Mondays at 4 pm. Designed for all fitness levels.

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Managers impact employees' mental health as much as their spouses and more than their doctors or therapists.

ELEVATE MANAGEMENT

Well Wisconsin Training Series, brought to you by WebMD Coaching

Join the NEW Well Wisconsin leadership training series, designed to help managers build leadership skills to create a culture of well-being at work. Join one or all four in this series by registering for individual training sessions.

Fostering Resiliency to Prevent Burnout

March 20 at 12 pm CST

Identify the causes and symptoms of employee burnout and discover how you can build resilience as a manager both internally and across your team.

[Click to register](#), or scan



Building ONE Cohesive Culture

June 19 at 12 pm CST

Discover how to improve workplace culture by building connections, addressing employee retention and motivating others.

[Click to register](#), or scan



Destigmatizing Mental Health Challenges

September 4 at 12 pm CST

Understand mental health, the stigma that can surround it and self-care strategies and resources that will support mental health for leaders and teams.

[Click to register](#), or scan



Centering Leadership in Empathy

November 6 at 12 pm CST

Examine how empathy in the workplace can impact the vital role managers play in centering their management style in a supportive, open and understanding way.

[Click to register](#), or scan

